



Trying to Live a Healthy Lifestyle?



Living a healthy lifestyle helps you enjoy more of your life by:

- Lowering your risk for certain diseases and illnesses
- Being a positive role model for your children, friends, and family
- Feeling better about yourself

Two major components of a healthy lifestyle are physical activity and healthy eating. Both can be a challenge.

Food Challenges

- Food can be found everywhere -bookstores, schools, gas stations, shopping centers, health clubs, community events, and worksites.
- Serving sizes have increased.
- Ads for many high-fat, high-sugar, high-calorie foods are everywhere - magazines, TV, online, restaurants, road signs.
- The sugar content in food has increased.

Physical Activity Challenges

- Work has become more sedentary.
- Fewer sidewalks discourage walking from place to place .
- Leisure time physical activity has been replaced with computer and TV entertainment.



Don't be discouraged – try one of the ideas on the next page.

- **Be Physically Active!** Anything you do that gets you up from your chair and moving counts!

- Take the stairs.
- Park farther away and walk to your destination.
- Mow the lawn with a push mower.
- Rake leaves.
- Wash the car.
- Walk the dog.



- **Drink Less Soda.** A 20-ounce bottle of soda has about 300 calories. Try plain or flavored water instead.
- **Limit TV/Screen Time.** The average American watches 28 to 32 hours of TV per week. If you replace $\frac{1}{2}$ hour a day with physical activity, you will get enough activity to maintain health. To lose weight, aim for 1 hour or more a day.
- **Reduce Eating Outside of Your Home, Especially in Fast Food Restaurants.** Research shows we eat more calories when we eat away from home. When you eat out, choose baked, broiled or grilled foods. If the serving size is large, save half the entree for the next day.
- **Eat More Fruits and Vegetables at Every Meal and Snack.** Fruits and veggies are low in calories and high in vitamins, minerals and fiber. Increase fruits and vegetables to help replace other less healthy foods. In the summer and fall, New Hampshire Farmers' Markets provide an opportunity to buy locally grown fresh fruits, vegetables and herbs. A list of NH Farmers' Market locations can be found at: <http://www.nh.gov/agric/publications/index.htm>.
- **Eat Less High Sugar Foods.** High sugar snacks like candy, cake, cookies, and soda do not provide the vitamins and minerals you need to stay healthy - and they are high in calories. Instead, choose snacks such as fruits, vegetables, pretzels, reduced-fat popcorn, or low-fat yogurt.



**All the small changes you make
can help you live a healthier life!**